



# THE SCALE OF HUNGER

**10**

**I MIGHT PASS OUT**

**9**

**RAVENOUS**

**8**

**HUNGER PANGS**

**7**

**HUNGER AWAKENS**

**6**

**NEUTRAL**

**5**

**JUST SATISFIED**

**4**

**VERY SATISFIED**

**3**

**FULL**

**2**

**BLOATED**

**1**

**SICK**

Staying in levels 8, 9, or 10 for too long can lead to intense cravings and bingeing.

At 7 you may start thinking about food but will still be in control.  
Aim to be at 6 when you go to bed to support weight loss.

4 is still a pretty good place to be.

Avoid being less than a 3, as this will likely make you feel yucky or may be too many calories..